



# SHINTAI

# SCHOOL OF SELF-DEFENSE

## Jiu-Jitsu€Karate

**For Information Call 603-692-7417 or 377-6587**  
**Classes will be offered at the Oak Tree Pilates Studio**  
**66 Third Street, Suite 203, Dover NH 03820**

### **Description**

This is a Jiu-Jitsu based system of Self-Defense that incorporates empty-hand techniques along with throws and locks. Classes are ongoing.

### **Self-Defense Program**

The Self-Defense program is an 8-week course that is designed to give the beginner student practical defensive skills. During the initial program, students will be trained to defend themselves against a variety of chokes, grabs and strikes. Improve your overall fitness level while learning an effective system of Self- Defense. Classes are taught by a qualified Black Belt instructor with over 30 years experience. All are welcome. Beginner and Advanced classes are being offered on Tuesday Evenings and Saturday mornings. Class rates: beginners introduction program \$9 per-class, multi class discounts available